**Grade 4-5 unit of work - Body Systems – we are going to find a pulse and record it!**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Activity** | **HR at rest** | **HR during warm up** | **HR during the activity** | **HR after 1 minute** | **HR after 3 minutes** | **HR after 5 minutes** |
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Now graph the results on the computer……………….look at the shape of your graph. What can it tell you?

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